WHAT IS CLAIMED IS:

1. A communication method for transmitting data from a server to a requesting computer, said method comprising steps of:

    receiving a request for a data item at the server;

    receiving a speed indication signal at the server from the requesting computer; and

    transmitting at least a portion of the data item to the requesting computer at a rate based on the speed indication signal.

2. A communication method according to claim 1 in which the transmitting step comprises substeps of:

    determining a block size based at least on, the speed indication signal;

    determining a period based at least on, the speed indication signal;

    transmitting a plurality of blocks of data, each of the blocks having the block size and being transmitted at intervals substantially equal to the time period.

3. A communication method according to claim 1, further comprising steps of:

    accessing a remote computer indicated in an address included in the request; and

    receiving the first data item from the remote computer.

4. A communication method according to claim 1 further comprising steps of reading the data item from a memory associated with the server.

5.   A communication method for transmitting data from a server to a requesting computer, said method comprising the steps of:

accepting a user request for a data item at a client computer;

accepting a user input speed setting at the client computer;

generating a schedule for issuing pause transmission and resume transmission signals based on the user input speed setting;

transmitting the user request for a data item to a server computer;

sending a sequence of pause transmission and resume transmission signals from the client computer to a server computer according to the schedule.

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6. A communication system for transmitting data from a server to a requesting computer comprising:

a means for receiving a request for a data item at the server;

a means for receiving a speed indication signal at the server from the requesting

5 computer;

a means for transmitting at least a portion of the data item to the requesting computer at a rate based on the speed indication signal.

7. A communication system according to claim 6 in which the transmitting means

10 comprises:

a means for determining a block size based, at least on, the speed indication signal;

a means for determining a period based, at least on, the speed indication signal;

a means for transmitting a plurality of blocks of data, each of the blocks having the block size and being transmitted at intervals substantially equal to the time period.

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8. A communication system according to claim 6, further comprising:

a means for accessing a remote computer indicated in an address included in the request; and

a means for receiving the first data item from the remote computer.

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9. A communication system according to claim 6 further comprising means for reading the data item from a memory associated with the server computer.

10.   A communication system for transmitting data from a server to a requesting computer comprising:

a means for accepting a user request for a data item at a client computer;

a means for accepting a user input speed setting at the client computer;

5   a means for generating a schedule for issuing pause transmission and resume transmission signals based on the user input speed setting;

a means for transmitting the user request for a data item to a server computer;

a means for sending a sequence of pause transmission and resume transmission signals from the client computer to a server computer according to the schedule.

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11.   A computer readable medium containing programming instructions for data communication comprising programming instructions for:

receiving a request for a data item at a server;

receiving a speed indication signal at the server from the requesting computer;

5   transmitting at least a portion of the data item in accordance with the speed indication signal.

12.   A computer readable medium according to claim 11 wherein the programming instruction for transmitting comprises programming instructions for:

10   determining a block size based on, at least, the speed indication signal;

determining a period based on, at least, the speed indication signal;

transmitting a plurality of blocks of data, each of the blocks having the block size and being transmitted at intervals substantially equal to the time period.

15   13.   A computer readable medium according to claim 11, further comprising programming instructions for:

accessing a remote computer indicated in an address included in the request; and

receiving the first data item from the remote computer.

20   14.   A computer readable medium according to claim 11, further comprising programming instructions for reading the data item from a memory associated with the server computer.

15.   A computer readable medium containing programming instructions for data communication comprising programming instructions for:

accepting a user request for a data item at a client computer;

accepting a user input speed setting at the client computer;

5   generating a schedule for issuing pause transmission and resume transmission signals based on the user input speed setting;

transmitting the user request for a data item to a server computer;

sending a sequence of pause transmission and resume transmission signals from the client computer to a server computer according to the schedule.

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